

# THE ROCK

WHERE LAND MEETS SEA

## SUMMER 2026

A seasonal menu shaped by our coastal surroundings —  
relaxed, refined, and full of flavour.

Created by Head Chef Liam Frisby, bringing together  
new dishes and reworked classics for summer.

Wines available by the glass, designed  
to pair perfectly with every plate.

ALBION

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# THE ROCK

## SMALL PLATES

### GRILLED OCTOPUS SKEWER

*Chimichurri, lemon & oregano dressing*

### YELLOWFIN TUNA

*Isle of Wight tomato salad,  
tomato & dashi consommé*

### SLOW-COOKED BABY BACK RIBS

*Plum & hoisin glaze, confit plums*

### POTATO LYONNAISE (V)

*Poached Burford Brown egg,  
harissa hollandaise*

### MONKFISH SCAMPI

*Katsu sauce, wakame seaweed*

### TEMPURA SUMMER VEGETABLES (V)

*Yuzu aioli, gochujang dressing*

### AGED ISLE OF WIGHT BEEF TARTARE

*Charcoal flatbread,  
smoked bone marrow, quail egg*

## SNACKS

Harissa hummus, black olive,  
bread sticks

Warm beldi and kalamata olives  
with bay leaf, rosemary and thyme

Smoked applewood mixed nuts

Puffed pork rind and basil

Warm I.O.W tomatoes,  
truffle and basil

Selection of house breads,  
the Albion butter, aged balsamic

## LARGE PLATES

### LOBSTER SPELT RISOTTO

*Tempura lobster claw*

### FLAMED MUSSELS

*Pancetta, bourbon, preserved lemon,  
frites and toasted house bread*

### ISLE OF WIGHT LAMB LEG STEAK

*Greek salad, aged balsamic  
and pomegranate dressing*

### WHOLE CORNISH SOLE

*Brown shrimp and caper beurre noisette,  
buttered potatoes and house salad*

### 10oz I.O.W WHITE RIBEYE STEAK

*House salad, fermented garlic,  
chimichurri and frites*

### CRISPY HEN OF THE WOODS MUSHROOM (V)

*Barbecued aubergine,  
arrabiata sauce and basil pesto*

## SIDES

Triple cooked chips

Comte and truffle frites

House Salad

Glazed summer greens,  
lemon and herb butter

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## TO SHARE

### TASTE OF THE ALBION

Grilled octopus skewer | Potato Lyonnaise harissa hollandaise  
Slow-cooked baby back ribs, plum & hoisin  
Tempura summer vegetables gochujang dressing  
Harissa hummus, black olive bread sticks.  
Warm beldi and kalamata olives, house breads.

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### SURF & TURF

10oz I.O.W Ribeye, half a native lobster smoked bone marrow,  
chimichurri, harissa hollandaise, triple cooked chips,  
warm I.O.W tomato and mixed leaf salad.

### OYSTERS: 3 / 6 / 9

Oysters on ice, shallot vinegar and tabasco

## DESSERTS

### CHOCOLATE

*70% Dark chocolate brownie,  
salted caramel parfait  
& malted milk custard*

### MADAGASCAN VANILLA

#### CRÈME BRULÉE

*Brown butter madeleines  
& poached blueberry compote*

### THE ROCK'S TREACLE TART

*Macerated raspberries & crème fraiche*

### LEMON & LIME POSSET

*Strawberry jelly & pink peppercorn  
shortbread*

### BRITISH CHEESEBOARD

*Trio of cheese, celery, grapes,  
artisan crackers & chutney*

### AFFOGATO

*Freshly ground coffee,  
vanilla ice-cream & shortbread  
Add a liquor*

### SELECTION OF ICE CREAM

*Local ice-cream with berry compote*

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